

5 Simple Steps for DIY Foot Care



You will agree that cracked heels are not only painful but also embarrassing. Moreover, walking with such pain creates great discomfort. But somehow, you may tolerate the pain and hide them by resorting to plenty of ways. There is no doubt that the more you hide your heels, the more uncomfortable you will feel.

There can be many reasons that cause your heels to crack, from wearing the wrong footwear to lack of moisture. Also, an improper diet can also contribute to making your skin dry and rough. However, the most common cause of cracked heels is dehydration.

Not to mention, the skin underneath your feet is often chapped, rough, and dry. The reason is that your heels have a minimum number of sweat glands. Moreover, if your skin is normally dry, then chapped heels can appear more often, due to less elasticity.

In severe cases, chapped heels can also lead to intolerable pain and bleeding. Despite the reasons, it is always better to start taking preventative measures before your heels start cracking. Lucky for you, we are sharing five simple everyday care tips that will help you prevent or cure cracked feet. Following these tips will also make your heels smooth, soft and flawless.

Step#1: Soak your Feet



Start with soaking your feet to remove any traces of nail paint, and give your feet a good scrub. There is no doubt that the skin underneath your feet usually gets rough, which has to be removed gently. For that, one of the easiest and simplest ways is to soak your feet in water.

Fill a tub with warm water and add three tablespoons of olive oil. We especially mentioned olive oil for the reason that it contains amazing moisturizing properties; it will make your feet extremely soft and help you scrub off the dead skin.

Furthermore, you can also add a few drops of essential oils, including rosemary oil; it will smooth your skin along with relieving pain. If you can't find essential oils easily, you may go for lemon. Cut a lemon into slices, add them into the tub, and leave it to luxuriate for 10 minutes.

Step#2: Wash off your Chapped Feet



Once you have soaked your feet for 15-20 minutes, the next step is to scrub off the dead skin and tough dirt on your foot with a brush or loofah. Also, you can use paraffin wax, foot scrub, Epsom salt scrub, etc. Just make sure to rub your feet gently and give it a good cleaning.

You may usually overlook your feet during a daily shower, due to which your cracked skin can accumulate dirt in between the cuts.

Step#3: Exfoliate the Skin under your Feet

If you find that your skin has not become completely smooth and you still have nail polish on your tootsies, scour away the dead skin and nail paint by massaging your feet with a pumice stone, which is a natural lava stone.

It can help you remove the dead skin from your feet easily. However, make sure to soak it in warm water before using it. Also, never use a pumice stone on sore or injured areas. To remove the nail paints, rub your nails gently with a scrub.

Step#4: Moisturize your Foolsies



After you have rinsed and dried your feet, don't forget to moisturize! Keep in mind that you will need a deep moisturizer, so that it penetrates deep into your skin and softens up your feet.

While you will find plenty of moisturizers for your feet in the market, we will suggest you use natural moisturizers, like coconut oil or a mixture of glycerin and rose water.

You can also use cream, lotion, and even petroleum jelly; just make sure to moisturize your tootsies every day. However, don't apply moisturizer between your toes or else it can cause infection.

Step#5: Trim and Shape your Feet

Once in 5 days, trim your toenails to prevent ingrown nails. Next, buff your toenails with a nail file. You should never cut your nails into a round shape;

instead, shape up against them in a square with round edges. After that, rub a few drops of olive oil or almond oil over each cuticle and toenail for shiny toes.

While these footcare steps are quite simple, you need to be very careful when trimming your nails, as they become extremely soft after soaking up in the water. Moreover, try to pamper you footsies gently, with love, and give them a good massage.

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